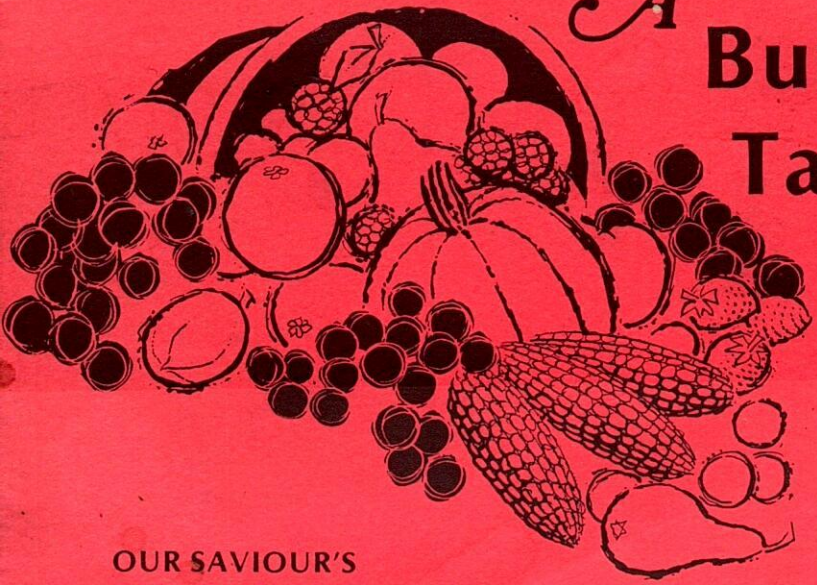
100

A Buffet Table



OUR SAVIOUR'S
LUTHERAN CHURCH WOMEN

SEASIDE, OREGON

"...GIVE US THIS DAY

OUR DAILY BREAD..."

The ladies of Our Saviour's Lutheran Church, Seaside, Oregon, share some of their favorite recipes for your enjoyment.

APPETIZERS

SALMON MOUSSE

½ C hot chicken broth
1¼ envelopes gelatin
1 can (8 or 16 oz.) salmon, drained
¼ C mayonnaise
1 T lemon juice
2 large slices onion, chopped fine
1 T parsley, chopped
Dash of salt
Dash of cayenne pepper
Dash of garlic salt
½ t dill weed
Horseradish (small amount)
½ pt whipping cream, whipped

Soften gelatin in hot chicken broth. Blend in all other ingredients except whipped cream. (Blend 40 seconds.) Add whipped cream (if desired, mix in dash of red food coloring) and blend 5-8 seconds more. Pour into greased mold. Chill. Remove from the mold and serve with rye bread, dill chips, crackers.

ARTICHOKE APPETIZER

1 jar marinated artichoke hearts, chopped-drained
1 can artichoke hearts, chopped-drained
1 small can green chilies, chopped
6 T mayonnaise
(3 T cream cheese may be blended with mayonnaise, if desired)
Dash garlic or onion powder

Mix well. Place in baking dish and sprinkle grated cheese on top. Bake at 350 degrees for 15 minutes; or in microwave on medium until cheese melts.

Serve warm with corn chips,

SHRIMP SPREAD

1 8 oz. pkg. soft cream cheese
½ C finely chopped celery
1 can shrimp, drained
2-3 green onions, chopped (optional)
Dash of lemon juice
¼ t curry powder to taste

Blend together, add enough mayonnaise to spread.

CHICKEN WING MARINADE

1 C soy sauce
1 C brown sugar
½ C butter or margarine
1 t mustard
3/4 C Sauterne or water

Bring ingredients to a boil, then cool slightly. Pour marinade over chicken wings and marinate for several hours. Cover pan with foil and bake 1½ hours at 325 degrees.

PARTY TUNA MOLD

2 6½ oz. cans tuna fish
1 8 oz. pkg. cream cheese, softened
2 T minced onion
2 T parsley, chopped
1½ T catsup
½ t horseradish

Drain tuna, mix in remaining ingredients, pour into small molds or bowl. Chill well. Remove from mold and garnish with parsley and/or olives. Serve with crackers.

VELVEETA CHEESE DIP

2 lb. loaf Velveeta cheese, cut up and
melt in top of double boiler.

Add
1 can stewed tomatoes
1 can jalopina relish
1 can (small) diced rip olives

Mix well. Serve as a dip.

HOT ARTICHOKE SPREAD

1 14 oz. can artichokes (not marinated)
¼ C fine dry bread crumbs
3/4 C mayonnaise
3/4 C parmesan cheese
Dash garlic powder
Dash dill weed
4 oz. cream cheese - room temperature

Drain artichokes, chop fairly fine. Mix all ingredients and place in small baking dish. Bake at 350 degrees until bubbly. Serve warm with crackers.

CHICKEN SPREAD

1 8 oz. pkg. cream cheese, softened
1 can chopped chicken
¼ t curry powder
2-3 green onions (optional)
¼ C celery, finely chopped

Blend together, add mayonnaise as needed to spread.

CHEESE ALMOND BALL

1 8 oz. pkg. cream cheese, softened
1 C cheddar cheese, shredded
1 8 oz. jar sharp cold pack cheese
2 T milk
1 T grated onion
1 C toasted sliced almonds
2 T chopped parsley
2 T sherry (optional)

Beat cheese, milk, onion and 3/4 C almonds until well-blended. Chill at least one hour. Form into a ball and wrap in waxed paper and chill several hours or overnight. Chop remaining almonds; add parsley. Roll ball in this mixture and serve with assorted crackers.

CREAM PUFF HORS D'OEUVRES

1 cube butter
1 C water
1 chicken bouillon cube
1 C flour
4 eggs

Boil butter and water, add flour and beat well. Remove from stove, add 1 egg at a time and beat well. Drop by small teaspoonful on ungreased cookie sheet. Bake at 350 degrees for 20-25 minutes after turning oven to 400 degrees for the first 5 minutes. Let cool and slice each part way through. Fill with shrimp, chicken or ham salad spread.

BAKED TUNA BALLS

1 6 oz. can tuna, drained
3 T mayonnaise
1 egg
½ C bread crumbs
2 T parsley, chopped
1 t prepared mustard
½ C crushed corn flakes
2 T melted butter

Combine all ingredients, except butter and corn flakes. Shape into balls, size of walnut. Roll in crushed flakes, dip in butter. Bake at 450 degrees for 10 minutes. Serve on cocktail picks.

CRAB SANDWICHES

2 C cracked crab
1 T Worcestershire sauce
1 T lemon juice
1 C grated cheese
½ C mayonnaise

Mix well. Spread on toast wedges or English muffins. Broil until cheese is bubbly.

BUMSTEAD SANDWICH

1 can tuna fish, drained
4 eggs, hard boiled
1 C cheddar cheese, chopped
¼ C celery, finely chopped
¼ C onion, chopped
Sweet or dill pickles, chopped (optional)

Mix with enough mayonnaise to blend. Fill hot dog buns with the mixture, wrap in foil and heat in 350 degree oven for 5 to 8 minutes. (You may place in wax paper and heat in microwave for 1½ minutes per bun.) Serves six.

CHIPPED BEEF SANDWICHES

1 pkg. (or jar) chipped beef,
chopped fine

Add to well-blended mix of
1 3 oz. pkg. Philadelphia Cream Cheese
1 T minced onion
1 T minced parsley

Spread on bread and cut into triangles or fancy shapes.

WEDDING PUNCH

2 #10 cans pineapple juice
½ gal. sherbet -- any flavor
depending on color desired
4 large bottles ginger ale

Cut sherbet into squares in pineapple juice.
Add ginger ale last, as this will foam the punch.
Do not mix before serving.

FROZEN BANANA PUNCH

Bring to a boil
- 4 C sugar
- 4 C water

Add
- 1 #10 can pineapple juice
- 1 12 oz. can frozen orange juice
- 3 cans water
- 1 6 oz. can frozen lemonade
- 6 mashed bananas

Blend well. Freeze in quart containers. Serve one part punch to two parts Seven-Up.

SALADS

MOLDED FRUIT & CHEESE SALAD

1 11 oz. can mandarin oranges
1 13½ oz. can pineapple tidbits
1 6 oz. pkg. orange gelatin
1½ C buttermilk
1 pt. small curd cottage cheese

Drain fruits, combine and measure juices from fruit, add enough water to measure 1½ C liquid. Heat to boiling, add gelatin and stir until dissolved. Stir in buttermilk and cheese. Chill until it begins to thicken, then fold in drained fruits.

SOUR CREAM LETTUCE

Wash and crisp: 1 head lettuce

Mix in blender:

¼ t salt	2 egg yolks, hard boiled
¼ t pepper	1 T vinegar
1 t sugar	½ C sour cream

Arrange lettuce, pour dressing over it.
Add:

1 t chopped fennel
¼ C diced unpeeled cucumber
¼ C sunflower seed

AVOCADO AND LIME SALAD

½ C boiling water
1 pkg lime jello
1 small can crushed pineapple
½ t salt
2 T lemon juice
½ C mayonnaise
3/4 C whipping cream, whipped
½ C diced avocado

Add boiling water to jello and stir until dissolved. Drain pineapple and stir ½ C of the juice into jello mixture. When it begins to set add pineapple, salt, lemon juice. Fold in mayonnaise, whipped cream and avocado. Chill. Serves 8.

MOLDED SHRIMP SALAD

1 pkg lemon jello dissolved in 1-1/3 C hot water. Let stand until congealed, then whip until fluffy.

Add: 1 C mayonnaise
juice of ½ lemon
½ to 1 t grated onion
1 C celery, diced fine
1 or 2 cans shrimp

Place in molds or flat baking dish.

CRANBERRY SOUR CREAM RING

2 pkg cherry jello
2 C hot water
1 can jellied cranberry sauce
2 C sour cream

Dissolve jello in hot water. Chill. In separate bowl beat cranberry and sour cream together until well mixed. Combine with jello. Pour into mold. Chill. Serves 12.

"DUMP IT" SALAD

1 pkg. orange jello
1 small can crushed pineapple, drained
1 small can mandarin oranges, drained
1 small carton Cool Whip
½ pt cottage cheese
1 C miniature marshmallows

Mix together in bowl and chill.

CORN BEEF SALAD

Combine and chill until syrupy:
2 3 oz. pkg. lemon jello
1-3/4 C hot water
Whip in: 3/4 C mayonnaise
Add and mix: 8 oz. can of corned beef in small pieces (this may be replaced by tuna, shrimp or chicken)
1 C diced celery
Chopped green pepper, onion, pimiento.*
Chill in 9x13 pan.

Second layer: 1 pkg. lemon jello; 1 C hot water; 1 C tomato juice
Mix, cool, carefully spread on set first layer.

*(May add cooked rice, olives, or cottage cheese)

NO TOSS SALAD

1 large head lettuce, diced
¼ C green onion, diced finely
¼ C celery, diced
1 6 oz. can water chestnuts, sliced
1 pkg frozen peas, 10 oz. not thawed

Layer above items, as listed, in large glass bowl. Mix together 1 C mayonnaise and 1 C dairy sour cream. Frost salad, sprinkle with 2 T sugar. Cover. Refrigerate at least 12 hours. Before serving add 1 C grated cheddar cheese, aged, on top of salad.

To make a luncheon dish, layer on top of salad: 3/4 lb bacon, browned and diced; 3-4 hard-boiled eggs, sliced; 3 tomatoes, sliced.

CHRISTMAS SALAD

1 can whole cranberry sauce
1 6 oz. pkg. raspberry jello
1 8 oz. pkg. cream cheese
2 T salad dressing
1 C whipping cream
1 tart apple, diced
1 8 oz. can crushed pineapple
½ C walnuts, chopped

Drain pineapple and cranberry sauce, reserve liquid. Add enough water to make 2 C. Bring to boil, dissolve jello in hot liquid. Allow to congeal slightly. Beat softened cream cheese and salad dressing until fluffy. Add to jello gradually, folding this mixture into half of whipped cream. Add fruit, nuts. Pour into 8x12 pan. Frost with remainder of whipped cream. Refrigerate. 12 servings.

LIME SALAD SUPREME

1 pkg. lime jello
1 C boiling water
1 C marshmallows, cut in small pieces

Set in pan of cold water. Add:
1 C shredded cabbage
1 C crushed pineapple and juice (small can)

When syrupy fold in:
½ C mayonnaise
1 C whipping cream
Sprinkle with chopped nuts if desired.

BLACK CHERRY AND COKE SALAD

1 pkg. cherry jello
1 C Coke

Heat Coke and dissolve jello. Cool.

Add: 1 small can crushed pineapple
1 can black cherries
Slightly less than ½ C juice from each fruit can.

Chill.

TANGY APRICOT SALAD (Diabetic)

1 lb can unsweetened apricot puree
½ C water
Dash of salt
1 envelope gelatin
½ C club soda
1 T lemon juice

Drain and puree apricots in blender (about 1 C)
Combine water, gelatin, salt in sauce pan and heat to boiling, stirring constantly. Remove from heat, add lemon juice and apricot puree. Add club soda. Mix gently.

PERFECTION SALAD

1 env. unflavored gelatin
¼ C cold water
½ t salt
1 C boiling water
¼ C vinegar
½ t Worcestershire sauce
1 T lemon juice
1 T minced onion
½ C finely shredded cabbage
1 C finely chopped celery
¼ C chopped stuffed green olives

Sprinkle gelatin on cold water, let soften 5 minutes. Add sugar, salt, boiling water and stir until dissolved. Add vinegar and next three ingredients. Chill until it mounds slightly, then fold in remaining ingredients.

Place in ring mold and fill center with shrimp salad.

COOKED CARROT SALAD

2 lbs carrots, scraped or peeled, sliced ¼ inch thick, cooked in salted water until just tender. Drain, add 1 green pepper, slivered; 2 small onions, thinly sliced, while carrots are hot. Heat together and add:

- 1 can tomato soup
- 3/4 C sugar
- 3/4 C vinegar
- 1 t Worcestershire sauce
- ½ C salad oil
- 1 t salt
- 1 t pepper
- 1 t dry or 1 T prepared mustard

Mix together and refrigerate overnight or longer.

CALIFORNIA TUNA SALAD

2 cans tuna, drained
2 C orange sections
1 avocado, sprinkled with
1 T lemon juice

1 C chopped celery
½ C blanched, slivered almonds
½ t curry powder
½ C mayonnaise

Salad greens

Combine orange, avocado, celery, almonds and tuna. Mix curry powder, mayonnaise and pour over mixture. Blend lightly, chill, serve on salad greens. Serves 6.

SEAFOOD SALAD

Part 1: 1½ T Knox gelatin ¼ C cold water
Dissolve in ¼ C hot water. Cool.
Mix: 1 C whipping cream, whipped
1 C salad dressing mixed with cool gelatin
Add: 2 hard cooked eggs, chopped
1 C diced celery
3 sweet pickles, chopped
1 C tuna or shrimp
Salt to taste
Chill in 6x9 or 8x8 pan.

Part 2: 1 pkg. raspberry jello ¼ C lemon juice
1 3/4 C tomato juice Salt, tobasco sauce
Dissolve jello in hot tomato juice; add lemon juice, salt and tobasco sauce to taste. When syrupy pour over Part 1.

FRUIT SALAD FREEZE

2 T sugar
1 T flour
½ C honey
1 egg
1/3 C lemon juice
1 C banana slices
2 C fruit cocktail, drained
1/3 C orange sections, diced
¼ C maraschino cherries, halved
1 C whipping cream, whipped

Mix sugar, flour and honey in saucepan. Bring to boil, cook 1 minute, stirring constantly. Beat egg and lemon juice. Gradually beat in part of hot mixture. Bring to boiling point, stirring constantly. Cool. Stir in fruit; fold in whipped cream. Pour into container and freeze. Cut in squares and garnish with cherries.

SWEET AND SOUR SAUERKRAUT SALAD

1 can (#303) sauerkraut, squeezed and rinsed
1 C green pepper, chopped
1 C onion, chopped
1 C celery, chopped
mix well and add:
½ C sugar
¼ C vinegar
¼ C oil

Refrigerate overnight. Before serving add:
1 small can bean sprouts
1 small can pimiento, chopped

MAIN DISHES

CHICKEN - BROCCOLI CASSEROLE

Wash and stem large bunch of broccoli and arrange in botton of 9x13 greased pan.

Layer with cut-up, lightly boiled chicken. (About 2 cups)
Mix and pour over chicken:
2 cans Cream of Chicken soup; ½ C mayonnaise, juice of ½ lemon.
Add layer of 2 C crushed Ritz crackers; top with grated cheese. Pour ½ C butter or margarine over all. Bake 20 minutes at 350 degrees.

HOT SEAFOOD SALAD

1 C Oregon whitefish, cooked and flaked
1 C tiny shrimp
1 green pepper, finely chopped
1 C celery, finely chopped
1 sm. onion, finely chopped
1 C toasted bread cubes
1 C mayonnaise
½ t salt
2 T lemon juice
1 t Worcestershire sauce
½ C grated cheese
½ C slivered almonds (optional)
paprika

Combine all ingredients. Mix well. Pour into 1½ quart casserole. Sprinkle with paprika. Bake at 400 degrees for 15-20 minutes or 350 degrees for 24-30 minutes. Makes 6-8 servings. (Microwave on medium for 10 minutes, turn once. Sprinkle with paprika.)

BUFFET TUNA AND NOODLES

½ C butter or margarine
2 cloves garlic, crushed
1 C chopped red pepper
½ C chopped onion
2 T flour
1½ C chicken broth
¼ C chopped parsley
1 sm. can olives, sliced
2 cans tuna, drained
1 T salad oil
1 8 oz. pkg. spinach-egg noodles

Melt butter in skillet over medium heat; stir in garlic. Add red pepper, onion; saute until tender. Blend in flour, cook 1 minute. Add chicken broth, parsley, olives. Cook, stirring constantly, until sauce boils and thickens. Stir in tuna. Cook noodles according to directions, adding salad oil to water. Drain noodles and turn into large, heated serving dish. Cover with tuna sauce. Serve with some of these sprinkles: chopped walnuts, crushed corn chips, grated Parmesan cheese, hard cooked eggs, green peas. Serves 4-6.

SHRIMP OR CRAB AU GRATIN

4 T butter
3 T chopped onion
¼ C flour
1 t salt
½ t dry mustard
Pinch of pepper
1½ C milk
1 C shredded Swiss cheese
1 lb cooked shrimp or crab
1 4 oz. can whole mushrooms, drained
¼ C bread crumbs

Saute onion in the butter; stir in flour, salt, mustard and pepper; add milk, stirring constantly until sauce is thick and bubbly. Add 3/4 C cheese until melted. Add shrimp or crab and mushrooms. Place mixture in a baking dish and sprinkle crumbs and remaining cheese over top. Bake 30 minutes at 325 degrees.

SAUCY STEAK SKILLET

1 lb. boneless round steak (serving size pieces)
¼ C flour
1 T oil
1 onion, chopped (1 cup)
1 16 oz. can whole potatoes (drain, reserve liquid)
¼ C catsup
2 T bell pepper flakes
1 clove garlic, if desired
1 T Worcestershire sauce
1 t instant beef bouillon
1 t salt
1 t Marjoram flakes
¼ t pepper
1 10 oz. pkg. frozen Stalion green beans
1 2 oz. jar piemento, drained
2 ribs celery

Coat beef in flour, brown on both sides. Brown onions, celery, garlic and add to steak. Mix liquids and spices and add to beef. Heat to boiling, then simmer 1½ hours or until steak is done. Add potatoes, beans, pimiento. Simmer 15 minutes or until beans are cooked.

CRAB SOUFFLE

Remove crust and dice 6 slices of bread. Place half in greased 8x12 casserole. Cover with mixture of

- 1 C flaked crab
- ½ C celery, chopped
- ½ small onion, chopped
- ½ C mayonnaise
- 1 t parsley
- 1 t green pepper
- ½ t salt
- ½ t grated lemon peel

Cover with remaining bread cubes. Beat 3 eggs slightly and mix with 1½ C milk. Pour over casserole and refrigerate 24 hours or more.

Next day: Bake 15 minutes at 325 degrees.

Meanwhile mix and spread over top

- 1 can Cream of Mushroom soup
- ½ C grated cheese

Place casserole in pan of hot water and continue baking 1½ hours at 325 degrees.

CORNISH PASTIES (Diabetic)

1 lb. round steak
1 sm. onion, chopped fine
2 potatoes
salt, pepper, butter

Pastry:
3 C flour
1½ t salt
½ C shortening

Cut potatoes as for raw fries. Cut round steak in 1" cubes. Prepare pastry and divide into six parts; roll each piece thin and round. Put part of seasoned meat, potato, onion mixture on half of dough; dot with butter and fold over, pinching edges together. Bake at 350 degrees about one hour.

CABBAGE CASSEROLE

Boil 5 minutes, then drain:
1 small head cabbage
1 C celery, cut up
¼ t salt

Mix:
1 can Cream of Celery soup
1/3 C milk
4 t soy sauce
1 T minced onion
Dash tabasco sauce

Add cabbage mixture. Place in casserole and top with ½ C cracker crumbs browned in 2 T butter. Bake in 350 degree oven until hot and bubbly.

CALICO BEANS

¼ lb bacon
1 lb ground beef
½ C chopped onion
1 can lima beans
1 can kidney beans
1 31 oz. can pork and beans
½ C brown sugar
½ C catsup
2 T vinegar
1 T prepared mustard
½ t salt

Dice and brown bacon, add ground beef and onions and stir until beef loses its redness. Add remaining ingredients and mix well. Bake in 300 degree oven for 1½ hours.

TUNA-CHOW MEIN NOODLE CASSEROLE

2 cans Cream of Mushroom soup
½ C water
2 3 oz. cans Chow Mein noodles
2 cans tuna
2 C celery, chopped
1 can mushrooms
1 can pimiento, chopped

In large casserole, whip up soup and water. Add remaining ingredients except 1 can of Chow Mein noodles. Toss lightly and sprinkle remaining noodles over the top. Cover, Bake at 375 degrees about 25 minutes. (Optional: scatter mandarin oranges, almonds or cashews on top.

SOUR CREAM NOODLE BAKE

1 8 oz. pkg. medium-size noodles
1 lb ground beef
1 t salt
1/8 t pepper
¼ t garlic salt
1 C tomato sauce or puree
1 C creamed cottage cheese
1 C sour cream
1 C chopped green onion
1 C shredded cheddar cheese

Cook noodles in salted boiling water. Rinse and drain. Brown meat in butter, add salt, pepper, garlic salt, tomato sauce and simmer 5 minutes. Combine cottage cheese, sour cream, onions and noodles. Alternate noodles and meat mixture in baking dish and top with shredded cheese. Bake 20-25 minutes at 350 degrees. Serves 8.

GRANDMA'S CHIPPED BEEF CASSEROLE

1 C macaroni, uncooked
1¼ C milk
1 can Cream of Mushroom soup
1 C sharp cheddar cheese, cut up
3 T onion, chopped
1 pkg. (¼ lb.) chipped beef
Paprika

Place last four ingredients in a baking dish and cover with mixture of other ingredients. Marinate overnight. Bake one hour at 350 degrees. Serves four.

EASY SWISS STEAK

1 can Cream of Mushroom soup
1 pkg. onion soup mix
1 can water

Mix ingredients together, pour over 1½ lbs. round steak. Bake at 350 degrees for about 1½ hours. Makes its own gravy.

EASY CHICKEN CASSEROLE

6 chicken thighs (or other pieces)
1 C rice, uncooked
1 pkg onion soup mix
1 can Cream of Mushroom soup
1½ cans milk
Salt and pepper to taste

Lay chicken on top of rice in greased casserole. Pour mixture of soup and milk over top. Bake, uncovered, 1 hour at 350 degrees. (White wine and mushrooms may be added.)

BAKED LASAGNE

1 lb Italian sausage, bulk pork sausage or ground beef
1 clove garlic, minced
1 T parsley flakes
1 T basil
1½ t salt
1 lb can tomatoes (2 cups)
2 6 oz. cans tomato paste

1 10 oz. pkg. lasagne or wide noodles
3 C creamed cottage cheese
2 eggs, well beaten
2 t salt
½ t pepper
2 T parsley flakes
½ C grated Parmesan cheese

1 lb Mozzarella cheese, sliced thin

Brown meat slowly, spoon off excess fat. Add next 6 ingredients. Simmer uncovered 30 minutes to blend flavors, stirring occasionally. Cook noodles in boiling water until tender, drain, rinse in cold water.

(Continued, card 2)

(Card 2, cont'd) BAKED LASAGNE

Combine cottage cheese with eggs, seasonings, Parmesan cheese.

Place half the noodles in 9x13 baking dish; spread with half the cottage cheese mixture; add half the Mozzarella cheese and half the meat sauce. Repeat the layers. Bake at 370 degrees for 30 minutes. Garnish with triangles of Mozzarella cheese. Let stand 10 to 15 minutes before cutting in squares--filling will set slightly. Makes 12 servings.

QUICK SKILLET SUPPER

1 lb. ground beef
1 t dill weed
½ t salt
½ t pepper
2 cans Veg-All vegetables
1 can beef broth
1 pkg. Creamettes (2 C)
1 C sour cream
1 C French onions

In large skillet brown beef, pour off grease. Add seasonings, Veg-All, broth and Creamettes. Bring to a boil, reduce heat and simmer 15 minutes, stir twice. Stir in sour cream and ½ of onions. Heat through. Top with remaining onions.

SWEDISH MEATBALLS

1½ lbs ground meat (beef, pork mixed or beef only)
1 egg
1 t salt
Dash of pepper
½ C table cream or milk
2 slices white bread
1 medium onion, grated (may be fried or left raw)
Butter

Soak the bread in cream. Mix meat, egg, spices, onion. Add the bread to meat mixture and stir well. Roll meatballs and fry in generous amount of hot butter.

CHICKEN CHIP BAKE

Mix: 2 C cubed cooked chicken
2 C sliced celery
3/4 C mayonnaise
½ t salt
1/3 C toasted slivered almonds
3 t grated onion
2 T lemon juice

Place in 1½ qt casserole, greased.
Sprinkle top with mixture of
½ C processed American cheese, shredded
1 C potato chips, crushed
Bake in hot oven, 425 degrees, for 20 minutes or until heated through. Serves 5-6.

BEEF TOSTADA

Crust:

½ C flour, ½ t salt, ½ t baking powder, ¼ C shortening, ½ C milk, 1 egg. Mix well, batter will be like biscuit dough. Press into 9-inch pan and up the sides.

Filling:

1 lb. ground beef (saute and drain), 1 t salt, 1 t oregano, ¼ t garlic powder or 3 cloves garlic finely diced, ¼ C chopped onion, ½ C black olives (optional), 1 6 oz. can tomato paste, 1 can refried beans, 1 4 oz. can mushrooms drained. Mix well. Place in crust and bake 18 to 20 minutes at 350 degrees. Cover with 1½ C grated cheese. Bake until cheese melts.

BREADS

SWEDISH LIMPA BREAD

1	pt	water	1	qt	buttermilk
2	T	shortening	1	t	soda
½	C	sugar	2	lb	rye flour
2	T	salt	2½	lb	white flour
½	C	medium dark molasses	2		yeast cakes dissolved in ½ C warm water with 1 t sugar

Put water, shortening, sugar, salt & molasses into saucepan; heat until all is melted. Put buttermilk in large bowl, add soda, then hot liquid; mix well; add rye flour, then yeast; add white flour. Knead until thoroughly blended. Let rise until double in bulk, about 2 hours. Turn out on floured board, knead, shape into loaves, using enough flour to keep from sticking. Put in greased loaf pans, let rise until double in bulk. Bake in medium hot oven for 50 to 60 minutes. Yield: 6 loaves.

DATE-NUT BREAD

1 pkg (3/4 lb) dates, diced
1½ C boiling water
1 T shortening
1 t baking soda
Mix together and cool.

1½ C sugar
¼ t baking powder
½ t salt
2-3/4 C flour
1 egg
1 C nut meats, lge dice
When first mixture is cool, add remaining ingredients. Bake at 350° until done: 1 large loaf, 1 hour; 3 1-lb loaf pans, 45 minutes; 6-8 soup cans (½ full), about 35 minutes.

RHUBARB COFFEE CAKE

1½ C sugar	½ t salt
1 egg	½ C margarine
2 C flour	1 C buttermilk
1 t soda	2 C chopped rhubarb

Mix sugar, margarine and egg; add buttermilk and dry ingredients. Fold in the rhubarb. Bake in 9x13 pan, 350 degrees, for 35-40 minutes. May be sprinkled with sugar and cinnamon before baking.

SOUR CREAM COFFEE CAKE

1	C	butter
1	C	sugar
3		eggs
1	C	sour cream
1-3/4	C	sifted flour
1	t	soda
1	t	baking powder
¼	t	salt
1	t	vanilla
1	C	chopped walnuts

Cream butter and sugar; add eggs and beat until fluffy. Add sour cream; dry ingredients; about 2 T water and the vanilla. Fold in walnuts that have been mixed with a little of the flour. Bake in greased and floured Bundt or Angelfood pan at 325° for 1 hour.

HOBO BREAD

2 C water
2 C raisins
2 t baking soda
Bring to boil, until it foams. Cool.

2 eggs
1½ C sugar
3 C flour
salt - pinch
1½ t vanilla
1 C nuts, chopped
Beat together eggs and sugar. Sift flour and salt. Add vanilla to raisin and egg mixture. Sift dry ingredients and chopped nuts. Grease & flour pans, or 5 cans, about 3/4 full. Bake at 350° about 1 hour.

FINN BREAD

Dissolve 2 yeast cakes with $\frac{1}{4}$ C warm water. Combine 3 C milk, $\frac{1}{4}$ lb butter with $1\frac{1}{2}$ C sugar and 3 eggs; beat well with mixer. Add salt. Crush 7 cardamon pods. Add 4 to 5 C flour to make soft sponge. Beat well for 3 minutes; then add flour to make pliable dough. Knead until smooth. Let rise until double. Punch down. Divide into 5 balls. Cut each ball into 3 strips; form into 3x15 braid. Put braids to rise until double. Bake at 350° for 25 to 30 minutes. When still hot brush on glaze: sugar, butter and coffee.

BANANA BREAD

3-4		ripe bananas
1	C	sugar (scant)
1		egg
1	t	vanilla
1½	C	bread flour
1	t	soda
1	t	baking powder
¼	t	salt
1/3	C	melted butter
1½	C	chopped nuts

Mash the bananas; add the sugar, eggs and vanilla. Add the sifted dry ingredients and butter. Stir in nuts.

Bake in greased bread pan at 350° for 1 hour.

PUMPKIN BREAD

2 2/3	C	sugar	2		t	soda
2/3	C	shortening	1½		t	salt
4		eggs, beaten	1		t	cinnamon
1 can		pumpkin (1 lb)	½		t	nutmeg
1	C	water	1		t	vanilla
3 1/3	C	sifted flour	½		t	cloves
½	t	baking powder	2/3	C		chopped walnuts

Cream first 2 ingredients until light and fluffy. Stir in eggs, pumpkin and water. Sift together dry ingredients. Gradually stir into pumpkin mixture. Add nuts and vanilla. Blend well. Turn batter into 2 greased 9x5x3 loaf pans. Bake at 350° 1 hour & 15 minutes until bread is done. Yield: 2 loaves.

LEFSE

1	qt	mashed potatoes
3	T	melted shortening
½	C	cream
		salt to taste
		Flour enough to handle

Roll out on floured board about ¼ C mixture. Grill on a dry griddle or frying pan until brown; turn and brown.

COOKIES

100 GOOD COOKIES

1 C margarine	3½ C flour
1 C oil	1½ t salt
1 C brown sugar	1 t soda
1 C white sugar	1 t cream of tartar
1 t vanilla	1 C each coconut, oatmeal and rice krispies

Mix well, roll in balls and flatten with a fork. Bake at 350 degrees in ungreased pan for about 12 minutes.

LEMON COOKIES

1	C	sugar
1	C	butter
1		egg
2½	C	flour
½	t	soda
½	t	cream of tartar
1	t	lemon extract
1	t	vanilla
1		lemon - grated rind

Cream sugar and butter; add egg and beat. Add sifted dry ingredients. Add lemon extract, vanilla and grated rind. Chill. Form into balls, size of walnuts and place on greased cookie sheet; press with floured fork both ways. Sprinkle with sugar. Bake at 400° for 8 minutes.

OATMEAL LACE COOKIES

1½ C quick oatmeal
½ C melted butter (or ½ butter and ½ margarine)
Pour butter over oatmeal, mix, let stand 20 minutes.
Mix and pour over oatmeal:

3/4 C sugar	½ t baking powder
1 T (heaping) flour	½ t salt

Add:

1 egg, well beaten	1 t vanilla
½ C rice krispies (or nuts)	

Cover cookie sheet with foil. Push batter by ½ t on foil, 2 inches apart. Bake 10 minutes at 350 degrees until delicately brown. Must be cooled completely before peeling from foil. Approximately 5 dozen.

CRACK COOKIES

5 C flour
4 t cream of tartar
4 t soda
2 C soft butter or shortening
2 C brown sugar
1 C granulated sugar
2 eggs
4 t vanilla

Sift flour, cream of tartar and soda. Cream butter and sugar. Beat in eggs; add vanilla. Stir in flour mixture until well blended. Drop by spoonfuls on an ungreased cookie sheet. Do not flatten. Bake at 350° 10-15 minutes. Makes 9 dozen.

CASSEROLE COOKIES

2 eggs beaten in a buttered casserole dish

Stir in:
1 C sugar
1 C chopped dates
1 C coconut
1 C chopped nuts
1 t vanilla (if desired)

Bake at 350° 30-45 minutes (or more). Stir three times while it is baking, and also while it is cooling. Roll into small balls; flatten slightly; dip in powdered sugar.

BROWNIES

Melt: 1 cube margarine 1 C water
½ C oil 4 T (heaping) Nestle Quick
Add: 2 C flour; 2 C sugar
Add: ½ C buttermilk 1 t vanilla
2 eggs 1½ t soda

Place in greased 11x15 pan and bake 20 minutes at 375-400 degrees.

Frosting:

Melt 1 cube margarine
1/3 C buttermilk
4 T Nestle Quick

Add 1 box powdered sugar
1 t vanilla
½ t salt
nuts (optional)

Spread on brownies as soon as removed from oven.

LEMON SQUARES

¼ C powdered sugar
½ t salt
1 C flour
½ C butter
vanilla

Mix first 5 ingredients; put in 9" pan. Bake 12 minutes @ 350°. Remove from oven - spread on topping, which was blended together. Return to oven: bake 15 minutes @ 350°. Remove and cool. Spread glaze on top and cut into squares.

Topping:
1 C sugar
½ t baking powder
½ t salt
2 eggs, slightly beaten
½ t grated lemon rind
1 T lemon juice

Glaze:
3 T lemon juice
3/4 C powdered sugar
1 T butter

SIMPLE SESAME COOKIE

2	C	butter or margarine, softened
1½	C	sugar
3	C	all-purpose flour
1	C	sesame seed
2	C	shredded coconut
½	C	finely chopped nuts

Cream butter, gradually add sugar and continue beating until light and fluffy. Add flour and mix until combined; stir in sesame, coconut and nuts. Mix well. Divide dough in thirds; wrap in waxed paper; refrigerate. Cut in ¼ inch slices, bake on ungreased cookie sheet 30 minutes in 300° oven, until a little brown. Cool on rack.

CREAM CHEESE COOKIES

1	C	butter
1	pkg	3 oz. cream cheese
1	C	sugar
1		egg yolk
½	t	vanilla
2½	C	sifted flour

Cream butter until fluffy, then gradually work in cream cheese and sugar; make sure mixture is smooth and creamy. Beat in egg yolk, vanilla and flour. Drop by spoonfuls on greased cookie sheet, or put through cookie press, or chill and roll. Bake at 375° about 15 minutes.

SPRITZ COOKIES

½	lb	margarine
2/3	C	sugar
½	t	salt
3		egg yolks
1	t	vanilla
2½	C	flour

Cream margarine, sugar and salt. Add egg yolks and vanilla. Mix well; then add flour. Press through cookie press. Bake at 350° - 10 minutes.

KRUM KAGER

3		eggs
1	C	sugar
½	C	melted butter
½	C	whipping cream
1	t	vanilla
2	C	flour

Beat eggs well; add sugar and continue beating. Add rest of ingredients and blend thoroughly. Spread as thin as possible on Krum Kager iron, and bake until light brown; roll on cone while still warm, to shape.

SWEDISH MACAROONS

3	egg whites, beaten stiff	1	t	vanilla
1	C granulated sugar	2	C	fine grind unsweetened coconut
1	T cornstarch			

Sift the sugar and cornstarch together several times. Add the sugar mixture slowly (by the spoonful) to the beaten egg whites. Put the bowl of egg and sugar in the top of a double boiler, which is over simmering water. Stir the mixture for fifteen (15) minutes with a wire whisk or whip. Remove from heat and add the vanilla and coconut. Place by small teaspoons on a greased cookie sheet. Decorate, if you like, with glaced red/green cherry bits; or chocolate shot; or silvers. Bake at 275° or 300° for 15 to 20 minutes, or till very lightly tan. Leave on the pan for 1 to 2 minutes before removing to cookie rack to cool.

DUTCH REFRIGERATOR COOKIES

1	C	shortening
½	C	white sugar
½	C	brown sugar
1		egg
2½	C	sifted flour
½	t	soda
2	t	cinnamon
½	t	nutmeg
½	t	cloves
½	C	candied fruit
½	C	raisins or nuts

Cream shortening and sugars. Add eggs, and beat. Sift dry ingredients; stir into creamed mixture. Add fruits or nuts, and shape into rolls about 2½" across. Refrigerate. Slice very thinly. Bake 375° - 5 - 7 minutes on greased baking sheet. Cool on rack.

PEANUT BUTTER BARS

1 C brown sugar
2 T peanut butter (rounded)
1 C margarine
2 C flour
½ t salt
1 t soda
1 C oatmeal

Frosting:
1 C powdered sugar
1 T cocoa (or more)
1 T margarine (rounded)
milk (for easy spreading)

Blend all together. Use hands to press down in ungreased pan. Bake 20 minutes at 325°. Frost while bar is hot. Cool. Cut in bars.

DIABETIC FREEZER COOKIES

Cream well:
- ½ C margarine
- 1 egg
- 2 t vanilla

Add:
- 1 C flour
- 1 t baking powder
- ¼ t salt

Beat until blended.

Stir in:
- 1 C pitted dates, chopped
- 1 C shredded coconut
- 1 C chopped walnuts

Form dough into 1½" rolls; wrap in waxed paper or foil. Chill in FREEZER until firm enough to slice (about 2 hours, or up to 1 month). Use sharp knife to slice; place on lightly greased cookie sheet. Bake 350° - 12 minutes or until golden.

DIABETIC DATE & OAT BARS

Beat until creamy:

- ½ C margarine
- 1 egg

Add:

- 1 t each: vanilla; grated orange
- 1½ C chopped dates

Mix well.

Measure together and add to above:

- 1 C oatmeal
- ½ C whole wheat flour
- ½ C wheat germ
- 1 t baking powder
- 1½ t allspice
- ½ t nutmeg
- ½ t cinnamon
- ¼ t salt
- 2/3 C milk
- 1 C nuts, finely chopped

Spread batter into greased 10x15 shallow rimmed pan. Sprinkle nuts on top; press into batter. Bake 325° oven 25 minutes, or firm to touch and sides pull away from pan. Cool on rack; cut into bars. Makes 25 2x3 bars.

DESSERTS

Creamy Dip 4 Fruit

1 8 oz pkg. cream cheese, softened
1 8 oz carton dairy sour cream
1 7 oz jar marshmallow cream
1 tsp. vanilla
2 to 3 TBSP. milk

Assorted fruit, such as dark sweet cherries, strawberries and or sliced apple, pear & banana's.

1. In small mixing bowl beat the cream cheese with an electric mixer on low speed until smooth. Gradually add the sour cream, beating until combined. Add the vanilla and marshmallow cream, until combined. Stir in enough milk to reach dipping consistency. Cover and chill at least 1 hour before serving. Serve with assorted fruit.

Makes 2 cups.

APPLE TORTE

2/3	C	flour
1½	C	sugar
3	t	baking powder
1	t	each = cinnamon, salt
2½	C	apples, cubed
2		eggs, beaten & put over apples
½	C	walnut pieces

Mix all together and put into a greased pan (either 9" square or slightly bigger). Bake at 350° about 45 minutes. Serve warm with some whipped cream.

Variation: Use some of the sugar and walnuts, mixed with 1 to 2 T butter, to make a topping. Sprinkle on the top before baking.)

RHUBARB TORTE

Crust:	1	C	sifted flour
	¼	C	brown sugar
	1	C	rolled oats
	½	C	melted butter or margarine
	3	C	fresh rhubarb, cut into 1" pieces
	1	C	sugar
	1	t	salt
	3/4	t	cinnamon
	1/8	t	nutmeg
	2		eggs, beaten

Combine flour, brown sugar, oats and melted butter. Pack firmly into ungreased 7 x 11 pan. Combine the rhubarb, sugar, salt, spices and eggs. Spread over the base. Bake in hot oven 400° about 30 minutes. Serve warm with whipped cream or ice cream.

BLENDER STRAWBERRY DELIGHT

2 egg whites
1 C sugar
1 t lemon juice
1 box frozen strawberries
1 C whipped cream
1 graham cracker crust

Beat for 5 minutes in blender. Fold in 1 C whipped cream. Place in graham cracker crust and freeze.

WOMENS CLUB DESSERT

Crust: 2 C flour; ½ lb butter or margarine; 1 T sugar
Work together and put in bottom of 14x12x2 pan.
Bake about 12 minutes at 350 degrees.

Filling: 8 egg yolks
1 C sugar
2 lemons, juice and rind
Dash salt
1 pkg. gelatin
2/3 C cold water

Cook together eggs, sugar, lemon in double boiler until consistency of soft custard. Dissolve gelatin in water and add to custard. Cool.

8 egg whites 1 C sugar

Beat egg whites adding sugar gradually as in making meringue. Fold into cooled custard. Put into pan and refrigerate 24 hours. To serve, spread ½ pt. whipped cream on top and sprinkle with shaved chocolate. Cut into squares. 15 servings.

DIFFERENT DESSERT

1 can (medium) fruit cocktail, drained - save juice
1 8 oz. can mandarin oranges, drained - save juice
1 can (medium) pineapple chunks, drained - save juice
1 C whipping cream (or Cool Whip)
1 pkg vanilla tapioca pudding
(prepare as directed, using 1½ C of fruit juices. Cool thoroughly.)
1 C miniature marshmallows
4 bananas, sliced

Whip cream and blend with pudding. Add fruit and marshmallows. Add bananas just before serving. (Other fruit and nuts may be added.) Serves 14.

LEMON DESSERT

3 C vanilla wafers, crushed
¼ C sugar
3/4 C melted margarine

Mix all together, and save out ½ C crumbs. Pat into 9x13 pan. Mix 1 can Eagle Brand milk with ½ C lemon juice. Add 1 can lemon pie filling. Pour over crust. Add crumbs. Top with cool whip. (Pie crust shell can be used.)

BEST CHOCOLATE CAKE

Cook, mix and keep warm:
- ½ C Ghiradelli ground chocolate
- 1 t (level) soda
- 1 C water

Cream:
- ½ C shortening
- 2 C sugar

Mix in order:
- 2 eggs
- 1 C milk
- 3 C flour
- 2½ t baking powder
- ½ t salt
- 1½ t vanilla

Add the chocolate mixture; batter will be thin.
Bake 30 minutes at 350 degrees.

BICARDI RUM CAKE

1	C	chopped pecans or walnuts
1	pkg	yellow cake mix
1	pkg	jello-vanilla instant pudding, or cake mix with pudding
4		eggs
½	C	cold water
½	C	vegetable oil
½	C	dark rum

Sprinkle nuts evenly in bottom of greased & floured 10" tube or Bundt pan. Combine cake mix, pudding mix, eggs, water, oil and rum in large mixer bowl. Blend, then beat, at medium speed for 2 minutes. Pour into pan. Bake at 325° for 60 minutes or until cake springs back when lightly pressed. Cool in pan 15 min.

Glaze: Combine = 1 C sugar, ½ C butter or margarine, and ¼ C water in a saucepan. Bring to boil - boil 5 min., stirring constantly. Remove from heat, stir in ½ C Bicardi rum and bring just to a boil. Remove cake from pan onto plate; prick, spoon warm glaze over warm cake.

4-EGG SPONGE CAKE

4		eggs, separated
½	t	salt
2	T	cold water
½	C	hot water
1½	C	sugar
1	t	vanilla
1½	C	all purpose flour
½	t	cream of tartar

In a 3½ qt. bowl: Beat egg yolks and ¼ t salt until very thick and light-colored (very important). Add cold water and beat for 1 minute. Add hot water and beat for 5 minutes or until bowl is 3/4 full. Gradually add sugar and vanilla. Beat until fluffy. Blend in flour. Beat egg whites until frothy; add cream of tartar and remaining salt; continue beating until stiff (not dry). Fold whites into egg mixture. Bake in ungreased tube pan in moderate oven 350 degrees - 1 hour.

MAGIC LEMON LOAF CAKE

Cake:

1	pkg	yellow cake mix
1	3 oz	pkg lemon jello
4		eggs
3/4	C	cooking oil
3/4	C	water

Glaze:

1½	C	sifted powdered sugar
2	T	soft butter
½	C	lemon juice

Blend ingredients for cake together. Beat on medium speed; then on high speed for at least 1 minute. Pour into greased 9 x 13 pan. Bake 350° for 45 minutes.

Meanwhile blend glaze ingredients. Spread over hot cake. Cool in pan. Poke holes in top of cake with tooth pick to allow glaze to soak in for a moist cake.

CHRISTMAS CAKE

Boil 1 lb pkg. seedless raisins in 2 C water for 5 minutes. Cool--do not remove the water.

Cream: ½ lb butter
2 C sugar
3 eggs

Add the raisins.

Sift twice:

3 C flour (full)	½ t baking powder
2 T ground chocolate	1 t nutmeg
1 t allspice	1 t cinnamon
1 t baking soda	½ t salt

Add to former with
1 C chopped nuts
1 pkg. glazed fruit

Bake at 325 degrees in greased 10-inch tube pan for 2 hours or in two loaf pans for 1 hour, 40 minutes.

APPLE FRUIT CAKE

Boil together 5 minutes:

2	C	diced apples
2	C	raisins
2	C	sugar
2	C	water
3	T	butter or margarine

Let cool.

Sift together:

3	C	flour
2½	t	soda
1	t	salt
1	t	cinnamon
1	t	nutmeg
1	t	cloves

Mix with fruit mixture and beat until smooth. 11 x 13 loaf pan or 2 bread pans. 350 degrees - 45 minutes.

FOOL-PROOF PIE CRUST

4	C	flour
1-3/4	C	vegetable shortening
1	T	sugar
2	t	salt
1	T	vinegar
1		egg
½	C	water

Using a fork, mix together the first four ingredients. In a separate dish, beat remaining ingredients. Combine the two mixtures, stirring with a fork until all ingredients are moistened. With hands, mold dough into a ball. Chill at least 15 minutes before rolling it into desired shape. Dough can be left in refrigerator for 3 days. Makes 2 - 9" double-crust pies and 1 - 9" shell. Dough may be frozen.

BLUEBERRY 9" PIE

4 C berries
1 C sugar
3 T cornstarch
¼ t salt
1/3 C water
2 T butter

Put 2 C of the berries in baked pie shell.
Cook 2 C berries, sugar, cornstarch, salt, water and butter until thick. Pour over fresh berries. Serve with whipped cream or ice cream.

(Strawberries, raspberries, blackberries can be used.)

LEMON MERINGUE PIE

Filling: 1 C sugar
1/3 C cornstarch
1/8 t salt
2 C water
Grated peel of 1 lemon
½ C lemon juice
3 egg yolks
1 T butter

In medium-size saucepan stir sugar with cornstarch, salt; stir in water. Bring to a boil, stirring constantly until thickened. Remove from heat, stir in beaten egg yolks; return to heat and bring back to boil. Remove from heat, add butter, lemon juice and peel. Cool before pouring into 9-inch baked pie crust.

Meringue: 3 egg whites, beaten stiff
¼ t salt
6 T sugar

Mix well and spread meringue over the filling, sealing to pie crust edge. Heat oven to 400 degrees and bake 10 minutes or until golden brown.

CRACKER PIE

3		egg whites
½	t	baking powder
1	C	sugar
2/3	C	chopped walnuts
14		flaky, rich round crackers, crushed in hand.
½	pt	whipping cream

Beat egg whites until they foam, and form peaks. Add baking powder; gradually beat in sugar. Fold in nut meats and crackers. Pile into a greased 9" pie pan; bake in moderately slow oven = 325° for 30 minutes. Two hours before serving, spread whipped cream over the top, and chill. Serves 6.

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Be present at our table, Lord.
Be here and everywhere adored.
These mercies bless and grant that we,
May strengthened for Thy service be!